GM CUTS PONTIAC, 300 DEALERSHIPS, PGS2, 10

Sports pg 12

Port Coquitlam player heads to NFL

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NCOUVER • TUESDAY, APRIL 28, 2009 metronews.ca

Celebrity Buzz

Dolls get lecture from Britney

pg 18

Canucks face Blackhawks in Round Two

PLAYOFFS The Vancouver Canucks finally know who their next opponent is going to be.

They're playing the Chicago Blackhawks in Round 2 of the Stanley Cup playoffs.

The Blackhawks eliminated the Calgary Flames last night with a 4-1 victory, winning that series in six games.

The eighth-seeded Anaheim Ducks upset the President's Trophy-winning San Jose Sharks — also in six games — to move on to a second-round matchup with the Detroit Red Wings.

The last time the Canucks met the Blackhawks on March 29, Vancouver won 4-0 in a fight-filled game that even included some hair pulling. The teams split the season series 2-2. METRO VANCOUVER

MORE COVERAGE, PG 12

ShareYourViews
vancouverletters@metronews.ca

Entertainment pg 15

Death Row label's rebirth

Please recycle

FELIPE LEON/REUTERS

Canadian tourists, about to board a plane home, put on surgical masks as they walk inside Mexico City's Benito Juárez International Airport yesterday. Flight crews wore the masks while passengers were given the option to wear them. More coverage, pgs 6-8.

B.C.'s antiviral stock 'big buffer' against flu

Doctor says province well-equipped for 'so far' treatable virus

JEFF HODSON
jeff.hodson@metronews.ca

B.C. is well stocked with antiviral medication should a swine flu pandemic become a reality, B.C.'s director of epidemiology said yesterday as the World Health Organization (WHO) raised its flu pandemic alert.

The WHO raised its pandemic alert level to four (out of six) from three. The H1N1 swine flu outbreak has killed almost 150 people in Mexico and has spread to the U.S., Canada and Europe.

There are two confirmed cases in the Lower Mainland and four in Nova Scotia.

"British Columbia has a substantial stockpile of antiviral medications," said Dr. David Patrick of the B.C. Centre for Disease Control (BCCDC).

"This is a virus so far which is amenable to treatment with one particular class of antiviral. We have hundreds of thousands of doses.

"People in Mexico have been having a good impact on what has been going on with only hundreds of doses."

Patrick, who said that there have been no further confirmed cases of swine flu in B.C., said the antiviral stockpile provides an "awful big buffer" against the disease. The province is looking at securing further medication should it require it.

Patrick said the local cases, both men in their late 20s, are "doing well," recovering from mild flu-like symptoms that did not require hospitalization.

He expects that there will be additional cases in B.C. and said it is important to remember that influenza virus has a broad range of expression — ranging from the mild cases seen in Canada and the U.S. to the severe respiratory illness that has manifested in Mexico.

WITH FILES FROM REUTERS

WHO alert

- Increasing the flu pandemic alert to four from three signals an increase in severity, but this does not mean a pandemic is inevitable.

Former UBC student suing over fall

KELSEA BLOXAM
for Metro Vancouver

COURT A former University of British Columbia student who suffered a lasting brain injury after falling off a fraternity house roof is suing the school and the student accused of causing his fall.

Karol Jaholkowski climbed the roof of the Delta Kappa Epsilon Fraternity house during the Arts County Fair celebration in April 2007

He fell after fellow fraternity member Ryan Gascoyne reached up to high-five him.

Jaholkowski spent three months in a coma after falling approximately six metres.

The victim's father, Tom Jaholkowski, said yesterday he is still grieving from what he describes as the loss of his son.

"No one can bring back my son," Tom Jaholkowski said. "Everyone forgot about my son."

UBC student Lindsay Wolfe, 22, was at the same party. She said no one realized Jaholkowski was on the roof until after he fell.

"There was blood everywhere," said Wolfe.

She said that UBC Risk Management representatives had earlier yelled for her to get off another roof.

Documents filed in court on Jaholkowski's behalf claim the university failed to prohibit people from accessing the fraternity house roof or install safety railings. They also blame Gascoyne for causing the fall.

All inclusive prices include conventional Laser Vision Correction with microkeratome. Additional fees for post-operative care. Burnaby prices only. Prices subject to change without notice and not combind with any other offer. Customvue and IntraLase are additional fees.

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Chris Cornell rocking out at Commodore tonight
Former Soundgarden and Audioslave frontman and seminal grunge-rocker Chris Cornell will be performing at the Commodore Ballroom tonight. The show starts at 8 p.m. METRO NEWS SERVICES

Local

Craigslist founder laying low

Craigslist founder Craig Newmark, left, failed to show up in Vancouver yesterday to speak at the Mortgage Association of B.C.'s annual convention. He's been advised to lay low while Boston police investigate a murder where it's believed the victim was targeted through Craigslist. METRO VANCOUVER

A place for moms and kids to grow

KRISTEN THOMPSON
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Narda Flores says she'd probably be a high school dropout rather than a 12th grader with her sights set on a nursing career if it weren't for Emma's Centre.

Every morning, Flores drops her two-year-old daughter off at YWCA Emma's Early Learning And Care Centre near Fraser Street and heads to a portable next door where she and other teen moms take their high school classes.

She said she doesn't know how she would have coped without Emma's.

"I probably would have tried to go to high school but … I wouldn't have had anyone to take care of my child during the day," Flores, 18, said yesterday.

"If I have questions about Melany's development I know who to ask," she said, adding she's learned how to take care of her home, cook, clean and manage a schedule.

KRISTEN THOMPSON/METRO VANCOUVER

Narda Slores, 18, and her daughter Melany, 23 months, play at Emma's Centre in Vancouver yesterday.

Janet Austin, CEO of the YWCA, said it costs about $500,000 a year to run Emma's, and a good portion of that funding comes from money raised at the YWCA's annual Women Of Distinction Awards, held this year on June 3.

Award nominee Ann Howe, who runs a dinner program out of West Point Grey Community Church, was at Emma's yesterday to see how the program operates.

"This is where children have a safe place to come," Howe said.

"And the mothers are able to leave their children with people who care for them and can focus on what they're doing. It's wonderful."

Emma's Centre

- Emma's Centre helps teen moms finish high school by combining academic work, counselling, career advice, and health and parenting information, along with on-site care for their children.

Van Dongen driven from office over licence loss

RECORD British Columbia has a new solicitor general after John van Dongen resigned yesterday amidst growing criticism over his driving record.

Rich Coleman, minister of Housing and Social Development, has been appointed to the position.

Van Dongen revealed last week that he lost his driver's licence for speeding. Ironically, he was also responsible for ICBC and the Office of the Superintendent of Motor Vehicles.

Rich Coleman

"Over the weekend I have reflected on my actions. I have heard from those who have rightly criticized my driving record that has undermined their confidence in my role as solicitor general," van Dongen said. "This is why I informed the premier (yesterday) morning that I am resigning immediately from my duties as minister of Public Safety and solicitor general."

Van Dongen is still running in the May 12 provincial election as the B.C. Liberal candidate in the riding of Abbotsford South.

Van Dongen said that he met with people who have lost family members because of speeding and other illegal driving behaviour. "I have let them down and I have let down my constituents."

METRO VANCOUVER

Wreck hits top nude beach list

RANKING Vancouver's Wreck Beach has been named one of the Top 5 nude beaches by a popular American magazine.

The Advocate, an alternative lifestyle magazine, described the beach's scenic location and cool ocean breeze as reasons to visit. It also pointed out that "a surprising array of narcotics" is sold at the beach, which it ranked fifth best.

At the top of the list was Haulover Beach, in Miami, which apparently features "hundreds of gorgeous bodies stretched on the sand on weekends."

Toronto's Hanlan's Point also made the list at number three.

METRO NEWS SERVICES

GDP sees first decline since 1982

DOWNTURN British Columbia's Gross Domestic Product (GDP) declined in 2008 for the first time since 1982.

According to Statistics Canada, it fell 0.3 per cent.

The province's hard-hit forestry industry is partly to blame as logging production fell 18 per cent while wood products manufacturing declined 21 per cent due to lower demand.

Personal spending was also down, as was residential investment, which fell for the first time since 1999.

Those losses offset gains made in preparations for the 2010 Olympics and in engineering construction.

In 2007, the province's GDP grew by three per cent. METRO VANCOUVER

News in brief

ATTACK Two Chilliwack men have been arrested for what police say was an unprovoked attack on an RCMP officer. Authorities say two pedestrians were walking by the officer when one tried to burn him with a cigarette. When he tried to arrest the suspect, his companion punched the officer.

JEWELRY An elderly woman who had stashed priceless family heirlooms in the attic of her Langley care home while on vacation, only to find them gone upon her return, has had most of the items returned anonymously. She found the jewelry on her patio.

METRO NEWS SERVICES

REUTERS

A 1976 Pontiac Firebird Transam is shown in this image from the GM Media Archive. The company is phasing out the iconic, but unprofitable, Pontiac brand by the end of 2010.

GM says Pontiac hit a dead end

KELSEA BLOXAM
for Metro Vancouver

BAILOUT It's the end of the road for the Pontiac brand as General Motors announced yesterday it's phasing out the iconic cars in an effort to reduce its debt.

Production will cease by the end of 2010 as the company focuses on Chevrolet, Buick and GMC vehicles.

Bill Mitchell, owner of Burnaby Carter GM, said the 83-year-old brand was popular among buyers.

Pontiac was first introduced to close the gap between the lower level Chevrolet and elegant Oldsmobile. It was known for its "muscle cars."

From a business prospective, he said it won't hurt business at his dealership.

"We still have the Chevrolet line. If you're a Chevy dealer, nothing changes," said Mitchell.

The people most affected by GM's decision will be factory workers. The company is eliminating more than half of its workforce in Canada. It's cutting its hourly workforce to 4,400 workers from 10,300.

GM Canada, which is asking the government for a bailout, has until June 1 to avoid bankruptcy.

metronews.ca
WHAT'S ONLINE TODAY

Video The new military chaplain at Kandahar base has had an emotional start to her tour of duty at **metronews.ca/canada**

Video Swine flu fears lead to increased screening of incoming Mexican workers and officials urge Canadians to take measures to avoid the virus at **metronews.ca/canada**

Provincial parks to share rangers
About half of British Columbia's park rangers will be laid off this summer, the Ministry of the Environment has confirmed. That means some provincial parks will have to share rangers. **CBC NEWS ONLINE**

Insite's drug-law exemption is a mistake: Federal lawyer

JEFF HODSON
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The government has no legal duty to provide addicts with a safer way of breaking the law, a federal lawyer argued yesterday while challenging the existence of Vancouver's supervised injection site.

In May 2008, a B.C. Supreme Court judge granted Insite a constitutional exemption from sections of Canada's drug laws.

Justice Ian Pitfield ruled that the laws were inconsistent with sections of the charter guaranteeing the right to "life, liberty and security of the person."

Robert Frater, a lawyer for the attorney general of Canada, argued yesterday that Pitfield erred when he held that the charter demanded laws providing safe refuge for people committing illegal acts — injecting drugs.

"It comes down to this," Frater said. "If I violate the law so persistently that I become incapable of complying with it, the law has to adjust itself to me … We say it's not reasonable accommodation, it's capitulation of the criminal law.

> **"The charter no more demands this than it demands that the law of theft adjust itself to kleptomaniacs or the law of arson adjust itself to pyromaniacs."**
> Robert Frater, lawyer

"The charter no more demands this than it demands that the law of theft adjust itself to kleptomaniacs or the law of arson adjust itself to pyromaniacs."

Before the appeal, a group of Insite supporters gathered outside the Law Courts.

New Democrat MLA Jenny Kwan said the supervised injection site has been proven to save lives, reduce the spread of diseases and helps connect the addicted with healthcare services.

JEFF HODSON/METRO VANCOUVER

Melissa Arsenault shows her support for Vancouver's supervised injection site outside the B.C. Court of Appeal yesterday.

News in brief

NO CHARGES Police say they don't expect to lay charges after a two-year-old Surrey girl was run over by her mother's SUV, CBC News Online reports. The toddler died after running out of her family's home and behind her mother's car, which was backing out of the driveway.

INTEREST Abbotsford police have identified a person of interest in connection with a child-luring incident there. Three young girls say a man followed them along McCallum Road and tried to convince them to go into a convenience store washroom with him on April 22. A similar incident was reported to police on Sunday.

VANDALS RCMP in Chilliwack are asking for the public's help in finding whoever has been vandalizing cars near Sardis. Police say the suspect has been slashing tires, breaking windows and burning parts of cars. At least 20 cars were hit between April 23 and April 27.

DZIEKANSKI The forensic pathologist who performed an autopsy on Robert Dziekanski said there was no single cause of death, cknw.com reports. Charles Lee, who testified yesterday at the inquest into Dziekanski's death, said he believes the stun gun was a factor, but it's most likely he died from a heart attack.

HEARING A woman convicted for her role in the beating death of a teenager in Surrey has been granted a bail hearing. Katherine Quinn, who is awaiting a decision on her sentencing appeal for killing Matthew Martins, will be in the Vancouver Court of Appeal on May 5. **METRO NEWS SERVICES**

Stalking suspect arrested

MINÉ SALKIN
for Metro Vancouver

SKYTRAIN A man suspected of being involved in a series of stalkings and assaults since 2007 has been arrested, police said yesterday.

"In 2007, we had heard of young women being stalked from Vancouver SkyTrain stations," Insp. Les Yeo said. "In March, we had another incident that was similar to the 2007 cases."

> **"We are working to ensure transit security, as it crosses 21 police jurisdictions."**
> Insp. Ken Schinkel

Rodger Francisco Grinolds, 36, was arrested in Coquitlam on Wednesday after a woman reported on March 26 that she had been followed from the Nanaimo SkyTrain station.

Insp. Ed Eviston said the woman provided police with an excellent physical description of the harasser and his vehicle.

VPD and Transit Police launched an investigation and monitored SkyTrain stops, often undercover.

Insp. Ken Schinkel from Transit Police said the arrest was a result of an "intelligence-led investigation."

"We are working to ensure transit security, as it crosses 21 police jurisdictions," he said.

Yeo said it was a "significant arrest" and urged young women to call police if they are followed or initiated into conversations with strangers using public transit.

Grinolds faces charges of robbery, aggravated assault and harassment.

Pipe bursts at convention centre

DAMAGES The second convention ever to be held at Vancouver's new Convention Centre was shut down before getting started after a burst sprinkler pipe flooded rooms there yesterday.

Around 1,000 participants at the Public Service Alliance of Canada convention were forced outside — and eventually back to their hotels — when the pipe burst.

At least two floors of the building were damaged and several meeting rooms will need to be repaired.

The $900-million Vancouver Convention Centre opened earlier this month and will be the main international press centre during the 2010 Olympics.

METRO VANCOUVER

Man faces break-and-enter charges

ARREST A 27-year-old Vancouver man has been arrested after allegedly trying to break into the home of a 91-year-old woman.

Police said a resident — who happens to be a member of the Vancouver Crime Free Multi-Housing Program — saw a man trying to break into the elderly woman's window and called 9-1-1.

When police arrived, the suspect ran from the backyard and escaped down the lane. A police dog caught him nearby.

David Bedard is facing charges of break and enter. He is being monitored by the VPD Chronic Offender Unit.

METRO VANCOUVER

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Missing jewels returned anonymously

An elderly woman who stashed priceless family heirlooms in the attic of her Langley care home while on vacation, only to find them gone upon her return, has had most of the items returned anonymously. She found the jewelry in a plastic bag left on her patio. METRO VANCOUVER

Report pushes green action

MINÉ SALKIN
for Metro Vancouver

Vancouver homeowners should take advantage of the roughly $10,000 in grants and rebates available for energy-efficient retrofits to help make the city the greenest in the world, says a new report.

Released yesterday by the city, Quick Start makes various recommendations, including retrofitting homes to create green jobs and reduce greenhouse gas emissions.

Mayor Gregor Robertson said the report goes beyond renovations.

"This report outlines everything from green economics to transportation to reducing packaging waste in Vancouver," Robertson said.

It was put together by the Greenest City Action Team and is a "comprehensive list" of environmentally friendly, job-generating initiatives.

One involves the acceleration of green building standards. Low-flush toilets and solar-roof retrofits could save 28 per cent in energy savings, without homeowners having to pay up front for the renovations.

The installation and maintenance of these retrofits would establish green, skilled workforces.

Robertson said he wants to move on the recommendations immediately in advance of the Olympics.

MINÉ SALKIN/FOR METRO VANCOUVER

Mayor Gregor Robertson, growing a playoff beard in support of the Vancouver Canucks, outside city hall with members of the Greenest City Action Team yesterday.

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Dutch royalty to unveil art exhibition

ART Members of the royal Dutch family will be in Vancouver this summer to unveil an exhibit of 17th-century Dutch art.

Princess Marilène and Prince Maurits van Oranje-Nassau, van Vollenhoven will be guests of honour at the Vancouver Art Gallery on May 9 for the opening of Vermeer, Rembrandt and the Golden Age of Dutch Art: Masterpieces from the Rijksmuseum — where Princess Marilène works.

The Dutch Masters Ball will include a formal dinner and music by the New Dutch Academy from The Hague and Vancouver's Dal Richards.

The exhibition of 128 works by Frans Hals, Rembrandt van Rijn and Johannes Vermeer, among others, will run from May 10 to Sept. 13.

METRO VANCOUVER

Mountie won't face perjury charges: B.C.

COURT An RCMP officer already cleared in the fatal shooting of a Vanderhoof man in 2004 will not face additional charges for lying at the inquest into the death, the province announced yesterday.

Const. Ryan Sheremetta shot and killed Kevin St. Arnaud in 2004 after St. Arnaud tried to break into a Vanderhoof shop.

At the 2007 coroner's inquest into the incident, Sheremetta testified under oath that he'd taken guns away from suspects on other occasions.

That claim prompted investigators to question his testimony.

They forwarded the findings to Crown counsel, but senior prosecutors with the Criminal Justice Branch concluded there's not enough evidence to convict him of perjury.

KRISTEN THOMPSON/
METRO VANCOUVER

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Comment & Views

Comment

A romantic in our midst

NationalReport
Lawrence Martin

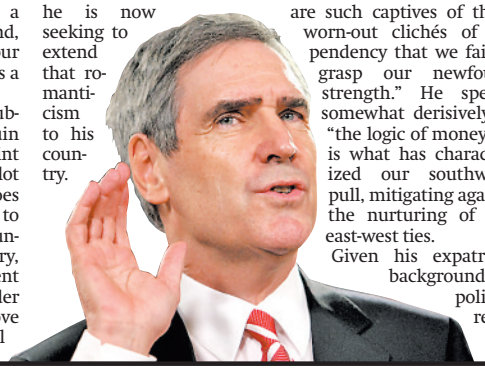
metronews.ca/nationalreport

Michael Ignatieff's new book serves a stabbingly clear purpose. When you've been out of the country so long that you're accused of being a stranger in your own land, how about titling your book, True Patriot Love, as a shin-kicking riposte?

The little volume, published by the Penguin Group, has a big first print run of 22,000. There's a lot riding on it. Not only does the Liberal leader want to dispel any suggestion of unfamiliarity with the country, he is seeking to present himself as a nation builder — someone who will move beyond functional, retail politics to something more inspiring.

Without supplying the necessary details, he talks of building new east-west links, energy corridors, power grids, European-styled high-speed railways. Canada, he says, has to let its imagination blossom.

Coming from famous lineage on both sides of his family, which he has often written about, Ignatieff has a romanticized view of his own life. What is apparent in True Patriot Love is that he is now seeking to extend that romanticism to his country.



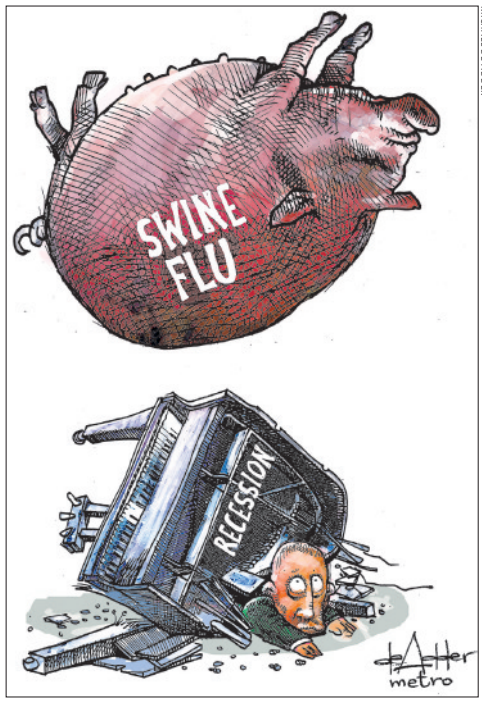
A romantic in our midst? Maybe it's time. Visionary, patriot talk has been absent from the Canadian vocabulary for two decades. Big-project leaders haven't been around since Brian Mulroney and Pierre Trudeau. Jean Chretien drove a Chevy, so to speak, Stephen Harper a Camaro. Mounting his white steed, Count Ignatieff says we're not quite that boring.

Lamenting our preoccupation with the United States, he writes that "we are such captives of these worn-out clichés of dependency that we fail to grasp our newfound strength." He speaks somewhat derisively of "the logic of money." It is what has characterized our southward pull, mitigating against the nurturing of our east-west ties.

Given his expatriate background, politics requires that Ignatieff play the patriot card. But there is much to suggest that he truly believes in big-dream leadership. So much of his writing over the last three decades has been about ties that bind people. In True Patriot Love it's like he is seeking to feel Canada. Sensitivity is the hallmark of his prose style, which is sometimes evocative, sometimes overbearing. But what is clear is that he has, in fact, done a lot of thinking about this country.

Critics are already lampooning his mega-project talk as economically unrealistic. Michael the Romantic's response is that economics can't be the sole arbiter. What, he asks, would great leaders like Macdonald or Laurier tell us? They would say "the country wouldn't exist at all if the logic of money had determined our destiny."

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

The recession and challenges of churches

Ed Cowan

Reports are telling us that during this terrible recession many who have lost their jobs, their homes, their retirement savings, and even their families, are turning to their churches for faith, hope and, in some cases, charity, the three great virtues called for in the New Testament.

Faith, they continue to get plenty of, and, in some cases, some charity. But it is in the area of providing hope that they have proved to be "hopelessly" inept, incompetent, inexpert and, for all intents, mostly useless. For the first time in many decades, our churches have failed miserably when we have needed them most. Maybe it's because the current generation of church leaders have no idea of how to communicate the conviction of hope.

U.S. President Barack Obama knew. His Hope T-shirts and stickers sold and continue to be sold in the hundreds of thousands.

Anne Frank knew. In her legendary book, The Diary Of A Young Girl, she proclaimed, "Where there's hope there's life. It fills us with fresh courage and makes us strong."

The unfortunate inaction by churches everywhere reminds me of two 1970s moments. One was when Richard Adams introduced in his first novel, Watership Down, the now recognized word, "tharn," meaning, frozen or stupefied in terror, caught in the headlights of an oncoming disaster.

The second was when, in more than 350 newspapers with circulation of more than 10 million readers, L'il Abner cartoonist Al Capp developed the hapless character Joe Btfsplic, the world's most loving friend and the worst jinx, who always travelled with a dark cloud hanging over his head, perpetually symbolizing his and society's bad luck.

Unfortunately, this seems to be where churches are on fully understanding the message of hope, the need for hope, and the opportunity presented by hope.

In 2006, noted psychologist Anthony Scioli developed an integrated theory of hope that consists of four elements — attachment, mastery, survival and spirituality, which includes contributions from psychology, anthropology, philosophy and theology.

Surely, in the name of disambiguation, our spiritual leaders in churches, synagogues and mosques can grasp this idea, this challenge, and take hold at this most wearisome juncture to help their parishioners through these incredibly trying times, and to guide them vigorously, utilizing an impassioned, curative dosage of hope.

And to provide, as Anne Frank put it so aptly, "the fresh courage to make us strong."

Ed Cowan is a media and communications consultant. He's also been a member of the board of directors for the Writer's Development Trust and the Periodical Publisher's Association of Canada.

Worth mentioning

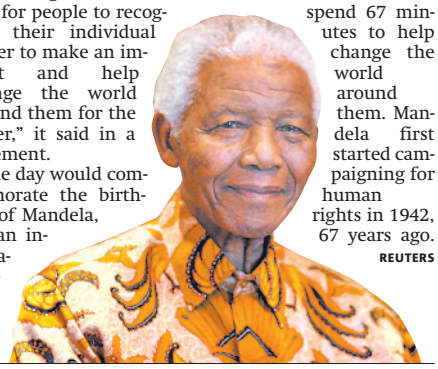
Foundation proposes global 'Mandela Day'

The Nelson Mandela Foundation proposed yesterday a global "Mandela Day" for July 18 to help inspire people to improve lives within their communities.

"This celebration of Nelson Mandela's life will serve as a global call to action for people to recognize their individual power to make an imprint and help change the world around them for the better," it said in a statement.

The day would commemorate the birthday of Mandela, 90, an international icon and former South African president who led the country out of apartheid in 1994.

The foundation, and 46664, Mandela's AIDS awareness charity, said the Mandela Day campaign would call upon people around the world to spend 67 minutes to help change the world around them. Mandela first started campaigning for human rights in 1942, 67 years ago.


REUTERS

Metro Online Poll Results

40% SAID YES

Is there too much fuss being made about swine flu?

Weigh in on today's question at metronews.ca

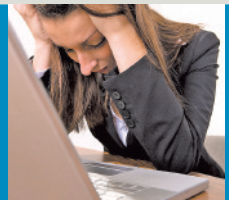
60% SAID NO

It's your turn to tell others what you think. Email your thoughts and opinions to: vancouverletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Child healthy after spending night in forest

Quebec provincial police said it's a miracle a year-old boy was found in good health after he spent a cold night alone in a forest in the province's Eastern Townships. The child spent about 12 hours in the forest Saturday night wearing just a T-shirt and diaper in rainy, five-degree weather. **CBC NEWS ONLINE**

Canada



Job stress linked to depression

Want to reduce your risk of depression? Cut on-the-job stress. During a 10-year period, researchers found that workers who had high-strain jobs but then later perceived their work as less stressful had the same risk of major depression as their peers in low-strain jobs. "These results indicated that interventions targeted to reducing job strain may significantly reduce the risk of depression," Dr. Jian Li Wang of the University of Calgary said in a study in the American Journal of Epidemiology. REUTERS

Flu treatable: Expert

Microbiologist says early care, anti-viral drugs effective

The disease may be the same, but Canadians likely have a more robust immunity to a swine flu outbreak than people in Mexico, where it has killed up to 150.

The ailment appears to be eminently treatable if caught early, which is more likely to happen here with our ready access to care and vigilant public-health system, says a top Canadian microbiologist.

Bhagirath Singh, head of infectious disease with the Canadian Institutes of Health Research, said early treatment of the flu with common anti-viral drugs appears to provide an effective antidote.

With public-health agencies poised to pounce on and treat any suspected cases, he said, Canadians may not have to worry about it causing widespread mortality here.

While Singh stressed it is too early to know what has caused the mortality difference between Canada and Mexico, he said earlier access to treatment is a likely explanation.

The disease combines portions of four different influenza strains in ways never seen before, experts say.

Nevertheless, it appears to be readily controlled by the two common influenza drugs, Tamiflu and Relenza, said Dr. Susy Hota, an infection-control specialist at Toronto's University Health Network. For most people, the illness would be survivable, Hota said.

Singh, however, noted that many of the Mexican dead appeared to be healthy and relatively young, so their demise would instead have been caused by an overwhelming immune response.

"You produce a super response and that super response is really what leads to the complication of the disease." **TORSTAR NEWS SERVICE**

Underlying problems?

- Experts also speculate that many of the Mexicans who died from the flu may have had underlying disease or respiratory problems — such as tuberculosis — that would not be nearly as prevalent in Canada.

Officials expect swine flu deaths

ILLNESS Canadian officials yesterday predicted some people in Canada would die from a swine flu outbreak that started in Mexico and said they might advise citizens to avoid non-essential travel to Mexico.

"Simply because we're seeing mild symptoms so far does not mean we can take this for granted ... We will likely ... see some deaths."
David Butler-Jones

Canada has six confirmed cases of swine flu, all of them mild.

"Simply because we're seeing mild symptoms so far does not mean we can take this for granted. We will likely see more cases, we will likely see more severe illnesses and we will likely — unfortunately — see some deaths as well," Canadian chief public-health officer David Butler-Jones told a briefing.

"We hope not. But that is a normal part of an influenza outbreak of any type."

In Saskatchewan, health officials said they were awaiting laboratory results on three possible human cases of swine flu. The trio has shown flu-like symptoms and either been to Mexico in the last 10 days or come in close contact with others who have.

Butler-Jones also said Canada's public-health agency, in co-ordination with U.S. authorities, would decide whether to issue an advisory warning against non-essential travel to Mexico. **REUTERS**

Child custody **Court rules against breastfeeding mother**

LUKAS OLENIUK/TORSTAR NEWS SERVICE

Jennifer Johne plays with her daughter Kai, who turns three in June, in the yard of their home in Maxwell, Ont., yesterday afternoon. The Collingwood-area mother says an Ontario Superior Court judge erred when he ruled she used breastfeeding to gain the upper hand in a custody dispute. Johne claims her desire to continue breastfeeding her 34-month-old daughter Kai did not prevent the girl's father, Carl Cavannah, from having access to the child. Since the December 2008 ruling, Kai has been spending 3½ days a week with her father, during which time she is not breastfed.

Canada places no travel ban on Mexican migrant workers

OUTBREAK U.S. and Canadian authorities have imposed no travel restrictions on thousands of temporary Mexican migrant workers in response to the swine flu outbreak, and farmers say they have no immediate concerns about worker shortages.

Governments around the world rushed to reduce the impact of a possible flu pandemic yesterday, as a virus that has killed up to 149 people in Mexico and spread to the United States and Canada also reached Europe.

In Canada, where thousands of Mexican temporary workers labour in intensive fruit and vegetable farms, authorities said no restrictions were currently imposed on travel, although temporary workers were being screened carefully before departure from Mexico.

"We are monitoring the situation closely, and we're working closely with our federal partners to gather information and manage the impact on Canada of the evolving health situation in Mexico and determine what action is required," said Alykhan Velshi, spokesman for Citizenship and Immigration Minister Jason Kenney. **REUTERS**

'No memory' of Airbus memo: Aide

INQUIRY A former aide to Brian Mulroney says he has "no memory" of a memo written to Karlheinz Schreiber confirming that Airbus planes had been delivered to Air Canada.

Fred Doucet, who was a chief of staff to the former prime minister, was testifying yesterday at a public inquiry that is probing business dealings between Mulroney and Schreiber. **TORSTAR NEWS SERVICE**

Obama aide touted as envoy

AMBASSADOR He was once described as having a mix of "entrepreneurial know-how and evangelistic zeal," and a preference for black T-shirts and four-day-old beards over suits and ties.

Meet David Jacobson, a senior fundraiser for Barack Obama who is poised to become the next United States ambassador to Canada.

This "smart, talented" Chicago lawyer would be an "inspired choice," Washington sources say.

Reached at the White House yesterday, Jacobson, 57, politely declined to talk about the speculation he would soon be coming to Ottawa to represent the United States.

"If and when the president makes a decision, you guys will find out," said Jacobson, who is helping Obama staff the new administration.

As deputy finance chair of Obama's campaign, helping to deliver millions of dollars in donations, Jacobson likely had his pick of political postings.

The fact that he chose Canada speaks well of this country's status with the new administration, said Maryscott Greenwood, executive director of the Canadian-American Business Council in Washington.

"I think he would make a great choice. I think it's actually an inspired pick on Obama's part," she said. **TORSTAR NEWS SERVICE**

News in brief

OIL Petrobank Energy and Resources Ltd. said yesterday it is selling part of its stake in Petrominerales Ltd. for $101 million. It said the proceeds would bolster its finance flexibility by cutting bank debt, which could lead to additional drilling this year on the Bakken light oil play in southeastern Saskatchewan. **REUTERS**

SELF-ESTEEM Girl Guides of Canada is introducing a Love Yourself Challenge badge, which can be earned by girls aged five to 18 who complete three tasks that promote self-esteem and a positive body image. The new green-and-purple badge, which is being introduced next month, is the result of a partnership with NEDIC, the National Eating Disorder Information Centre. **TORSTAR NEWS SERVICE**

Dog shot with Taser three times by Calgary police
Arguing owners may have prompted a vicious attack by a nine-month-old dog, forcing Calgary police to Taser it three times before its capture, police said yesterday. The dog was not harmed and remains in animal services custody. METRO CANADA

Asian governments on high alert over swine flu

With the memory of hundreds of deaths from the 2003 SARS outbreak still fresh, governments in Asia went on high alert yesterday as a dangerous new strain of swine flu virus continued to sweep across borders.

Temperature detection devices once used to battle SARS were back in place at airports; urgent health bulletins were issued to the public.

The 2003 outbreak of SARS killed 44 people in Canada, the highest death toll outside of Asia. Most of those killed lived in Ontario.

"So far there are no reported cases of swine flu in China," Vivian Tan, the World Health Organization's spokesperson in Beijing, said yesterday. "But we're working closely with the ministry of health to increase surveillance and monitor any suspected cases that might arise."

In Japan, Thailand, the Philippines and the Chinese territory of Hong Kong, health officials reported thermo scanners are being used at main airports to monitor temperatures of all incoming international passengers prior to them clearing customs.

TORSTAR NEWS SERVICE

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'Swine flu' tag not accurate, health body says

The flu virus spreading around the world should not be called "swine flu" as it also contains avian and human components and no pig has been found ill with the disease so far, the World Animal Health body said yesterday. A more logical name for it would be "North American influenza". REUTERS

World

Breastfeeding helps mothers

Breast is best, not only for the infant but also for the mother. New research shows that extended breastfeeding may lower the mother's risk of high blood pressure, diabetes, high cholesterol and cardiovascular disease after menopause. The finding, which is reported in the journal Obstetrics and Gynecology, is based on a study of 140,000 mothers who breast-fed their infants. REUTERS

Thieves hide using flu masks

Three armed thieves wore the blue surgical masks now ubiquitous in flu-hit Mexico City to hide their faces as they robbed watches from a department store, Mexican media said yesterday.

Employees and security guards at a branch of the Sanborns department store told the daily Excelsior the thieves slipped through the shop on Sunday as they blended into a sea of masked shoppers.

One of the robbers threatened store assistants with a gun while another guarded the door and the third took watches from the jewelry department.

Banks in the Mexican capital have been forced to abandon normal rules over not letting in customers wearing face coverings. The government advised residents to wear face masks at all times outside their homes. REUTERS

Opportunists

- Exploiting worries over the swine flu outbreak, spammers flooded the Internet with millions of e-mails peddling counterfeit drugs and seeking to steal credit card data, the McAfee computer security firm said.

VINCENT YU/REUTERS

A masked health worker screening for swine flu stands ready to ask passengers to remove any headgear before temperature screenings at the International Airport in Hong Kong yesterday.

Rural Afghan women shrug off controversial family law

AFGHANISTAN President Hamid Karzai said yesterday a controversial law that contains harsh provisions on women would be amended, while Shiite farm women in a remote Afghan valley shrugged off the law's contents, saying it largely reflects the reality of lives governed by their husbands.

Although many rural farm women have no interest in legal battles, more women are seeking literacy courses, which shows there is appetite for change even in remote corners of the country.

Only 18 per cent of Afghan women can read and write, according to the United Nations. REUTERS

News in brief

TRAVEL Investors fled investments in air, land and sea yesterday as fears of a flu pandemic rekindled memories of the Asian SARS crisis that caused widespread industry turmoil six years ago. Selling hit the world's leading airline brands, hotels and cruise operators, and the cost of insuring airline debt rose following the outbreak of swine flu. REUTERS

INFORMATION FEATURE

Peer pressure can lead to gangs

Once in a gang, kids can feel trapped, often afraid to seek help for fear of reprisal, says Kids Help Phone counsellor Maria Montanaro.

GANGS Gangs threaten to claim the lives and futures of kids but there is hope — and real help — found in reaching out.

After being seduced by the prospects of power and money into joining a gang, many kids quickly realize the dangers are far more real and benefits far less glamorous than they initially imagined.

Once the fantasy of gang life wears off and harsh reality sets in, kids looking for a way out can feel trapped, hopeless and scared.

"There are real dangers and real risks when you're in a gang," said Maria Montanaro, a counsellor at Kids Help Phone. Montanaro, 50, has counselled kids at Kids Help Phone for 10 years and spent 15 years before that working as a youth protection worker.

Montanaro says kids get pulled into gangs for many different reasons, often hoping for a sense of belonging and acceptance, to feel protected, or because of peer pressure by friends or even family members who are already in gangs. Once there, many kids realize that gang life is scary and dangerous, and a large number of gang-related calls Kids Help Phone gets are from kids who have gotten into gangs and want to find a way out.

Contact

- Kids Help Phone can be reached at 1-800-668-6868.

"Often they're not finding the acceptance they were looking for, or they might have seen something happen they don't agree with. Often they're telling us, 'This is not what I wanted to get into,'" Montanaro said.

Once inside a gang, kids can feel trapped and vulnerable and be afraid to seek help for fear of reprisals from the gang, and the more entrenched in a gang a kid is, the stronger those feelings of helplessness can get.

"Kids don't always have the life skills or the coping mechanisms to know what to do — for kids who are involved in hardcore gangs, it can be very difficult to make that call," Montanaro said.

No matter how bad things can seem for kids stuck in a gang, there is a lot of help out there and the first step can be making a call to Kids Help Phone, where conversations are completely anonymous and counsellors never pressure kids to take steps they don't feel comfortable in taking.

"There are no strings attached. We don't track down phone numbers and we don't ask who you are. We work with kids to let them come up with their own conclusions," Montanaro said.

The most important step, Montanaro says, is to realize that gang life doesn't have to be a prison, and if something doesn't feel right, you need to seek help.

"If you feel like this is not OK, listen to that gut feeling."

You take 4,000 steps a day. On May 3rd, use them to help kids talk.

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Mobile web usage shot up in March: Internet firm

Global mobile data traffic surged 19.3 per cent in March, the fastest pace in 10 months, but in many countries the traffic is coming from old cellphone models, Internet browser firm Opera said yesterday. Wireless operators are keen on raising revenue from Internet browsing as revenue from traditional voice calls is declining. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Can women fix the economy?

Equal gender balance in management is best, research says

It's difficult to answer if the world economy would be as bad as it is now if more women had been in charge. The economic crisis, though, could put a spotlight on what women offer as leaders who could help repair the damage.

Research from the London Business School supports the fact that an equal male-female split in a management team is best for promoting innovation in teams, said Elisabeth Kelan, who helped set up the Centre for Women in Business at the school.

Women executives say having to handle a family as well as a career gives them skills which can be useful in management.

"Would greater gender balance ... have produced a different outcome? Probably."
Prof. Alice Eagly, Northwestern University

Goal-driven (mostly male) management teams in the financial services industry have been blamed for a culture of excessive risk-taking that has crippled the global banking system.

"Would greater gender balance in decision-making have produced a different outcome? Probably," said Alice Eagly, professor and chair of psychology at Northwestern University.

"Psychological research suggests that women are somewhat less willing than men to take extreme risks."

Men's leadership style is known as "transactional," which is basically carrot and stick.

This approach is considered old-fashioned in some academic circles and deemed ill-suited to cutting-edge companies, where management structures are flatter and less hierarchical.

Women's management style is characterized as more relationship-based and aiming to encourage and empower.

Putting the two together provides a more balanced mix.

"I think there is room, now that the old management style is in question, for new ways of managing," said Kelan.

"Regardless of women bringing certain specific skills to leadership, other styles of leading will become more accepted, which is a good thing for women." REUTERS

Toronto Airport set to expand

MARK BLINCH/REUTERS

Twelve-year-old Kaiyash holds a sign as he protests the planned expansion of the Toronto City Centre Airport in Toronto yesterday. Porter Airlines said yesterday it will invest more than $45 million in a new passenger terminal at the airport as the closely held carrier looks to win a larger share of the Canadian market.

GM to slash more jobs, drop Pontiac brand

AUTO General Motors Corp. laid out plans yesterday to drastically reduce its footprint in Canada and said it expects to soon have access to short-term Canadian bridge loans of up to $3 billion.

GM said it expects to reduce its hourly Canadian workforce to 4,400 by 2014 from 10,300 in 2008, mostly through previously announced plant closures, as part of its plan to return to viability.

GM also said that it would be forced to file for bankruptcy protection if it failed to cut $27 billion US in bond debt by about 90 per cent and if other changes it has announced were to falter.

Those changes, mostly in the United States, included closing plants, slashing jobs and dropping the Pontiac brand.

GM also announced it would be cutting about 300 dealerships across Canada.

Michael Hatch, chief economist at the Canadian Automobile Dealers Association, said depending on which dealerships go, 12,000 to 15,000 jobs are potentially at risk.

The company has until May 30 to gain concessions from all its stakeholders and put together a viability plan the U.S. and Canadian governments find acceptable to qualify for long-term aid. REUTERS

Swine flu threat offers windfall for drugmakers

DISEASE The threat of a pandemic triggered by a new swine flu strain that has killed more than 100 people in Mexico will provide a windfall for some makers of drugs and vaccines.

Switzerland's Roche Holding AG and Britain's GlaxoSmithKline Plc are the two big pharmaceutical groups set to benefit most as governments and corporations step up orders for their drugs Tamiflu and Relenza, which appear to work against the new flu strain.

Shares in the two companies rose four and five per cent respectively yesterday, while shares in some smaller biotech companies soared.

Competition

- Demand has historically been greatest for Roche's Tamiflu, which is given as a convenient tablet, while Glaxo's Relenza must be inhaled. Recently, though, Relenza has been winning more business as buyers diversify their medicine reserves.

But analysts cautioned that the commercial impact would be muted by the fact that many governments had already placed substantial stockpile orders because of the previous threat posed by the avian flu. REUTERS

Outbreaks prompt pork import bans

TRADE Outbreaks of swine flu have prompted several countries to ban the import of pig meat, raising the prospect the disease will add a further protectionist blow to sagging world trade.

Russia and China have both banned imports of pork products from Mexico and the United States, while the United Arab Emirates is considering a similar ban. REUTERS

In brief

MINING Indian mining group Vedanta Resources Plc announced yesterday it had bought a 9.5 per cent stake in Canada's HudBay Minerals Inc. but gave no reason for the move. REUTERS

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China readies propaganda to fight weak economy

POLITICS China's Communist Party will launch a patriotic propaganda offensive celebrating 60 years of its rule, hoping to ward off economic pessimism and public discontent that could loosen its grip on power.

The "mass patriotic education" campaign was announced on the front page of the People's Daily and other official newspapers yesterday.

The surge of patriotic television spectacles, concerts, speeches and meetings would "bolster confidence in vanquishing hardship," said the paper, citing a directive from the party.

"Guide people to profoundly grasp the incomparable superiority of socialism with Chinese characteristics," it said. REUTERS

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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Getting back to financial basics

SmartCookies

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Sit down, pull out your statements, and add your numbers up.

South of the border, our neighbours have dedicated an entire month to the importance of establishing and maintaining healthy financial habits by proclaiming April Financial Awareness Month. We thought we'd help spread the word by sharing some of our suggestions of how you can get more familiar with your finances.

Know Your Numbers

The first thing you need to do when you decide it's time to get your financial house in order is to learn about its foundation.

To do this, you will need to know your numbers. You'll need to know what's coming in each month and what's going out each month (non-fixed expenses).

We encourage you to sit down, pull out your statements, and add your numbers up. When we first did this exercise, we were shocked at how much we were spending on non-essential items and we are willing to bet that you will be too. For an easy to use template to track your spending, visit smartcookies.com.

Organize Your Debt and Build Up a Safety Net

Next, make a list of your debts owing, ranking from highest to lowest interest rate. Develop a plan on how to pay that money back, starting from the top of the list. For some of us, this meant taking on part-time jobs and contract work, or cutting out non-essentials from our spending plan, and for others it meant using the equity in our home.

Once you are debt-free, build yourself a cushion of at least four to six months salary. And make sure you are investing your money in a tax-free savings account. You work hard for your money; make sure it is working for you.

"To keep your score high you should ... keep your total balance owed to 35 per cent or less of your total credit available."

Fix Your Fico

FICO scores, the credit scores most lenders use to determine your credit risk, range from 300 to 900. The higher your FICO score, the lower risk you are considered to be to a creditor — and the less interest you'll pay.

Most importantly, you should review your credit report and know your credit score. Requesting a copy of your credit report for personal use does not affect your credit score. To order a copy of your credit score, visit transunion.ca or equifax.ca.

To keep your score high you should be making monthly payments on time, aim to have long-term credit in your name and keep your total balance owed to 35 per cent or less of your total credit available.

For more money saving tips, pick up a copy of our book Smart Cookies Guide to Making More Dough on sale in bookstores everywhere. You can email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

On the web

- For this week's columns, visit metronews.ca/money-matters and metronews.ca/investing

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Investing

Allan Small

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Thomas, Mason highlight Vezina nominees

Tim Thomas of the Boston Bruins, Niklas Backstrom of the Minnesota Wild and rookie Steve Mason of the Columbus Blue Jackets are the finalists for the Vezina Trophy as the NHL's top goaltender, the league announced yesterday. METRO NEWS SERVICES

Sports

NASCAR says fans are safe

Despite injuries to fans from flying debris, NASCAR is satisfied with its safety standards, saying the fence at Talladega Superspeedway did what it was supposed to do and kept Carl Edwards' car, left, out of the grandstands. In a spectacular last-lap accident Sunday, Edwards' car sailed upside-down into the fence. One fan remained in hospital with a broken jaw yesterday.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

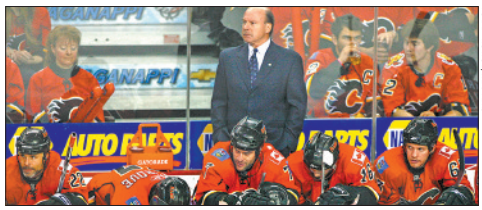
Blackhawks extinguish Flames

STANLEY CUP
2009 **Playoffs**

Nikolai Khabibulin made 43 saves, backstopping Chicago to a 4-1 win over Calgary and helping the Blackhawks wrap up their first playoff series win in 13 years.

Chicago took the best-of-seven Western Conference quarter-final series 4-2 with the Game 6 win at Pengrowth Saddledome. The Blackhawks won their first post-season set since 1996, when they swept the Flames in the conference quarters.

Now Chicago has advanced after again topping Calgary, though only after doing something neither team could previously in the series — win on the road. The fourth-seeded Blackhawks took the first two games and fifth-seeded Calgary won the next two before Chicago won a 5-1 decision in Game 5.



TODD KOROL/REUTERS

Calgary Flames coach Mike Keenan and his bench look on as during the third period last night in Calgary.

Dustin Byfuglien had a goal and two assists for the Blackhawks, while Patrick Kane added a goal and an assist. Adam Burish and Brian Campbell scored for the first time this postseason.

Todd Bertuzzi had the lone goal for the Flames, who have fallen out of the post-season in the first round for four consecutive years. Miikka Kiprusoff allowed three goals on 15 shots in the loss.

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Chicago 4 Calgary 1
Anaheim 4 San Jose 3

TONIGHT'S GAMES
N.Y. Rangers at Washington, Game 7
Carolina at New Jersey, Game 7

NBA

YESTERDAY'S RESULTS
Atlanta 81 Miami 71
Utah 121 L.A. Lakers 63
Denver at New Orleans

Sports in brief

NHL The NHL has suspended Washington Capitals forward Donald Brashear six games for two separate incidents.

METRO NEWS SERVICES

NHL Ducks advance

JEFF GROSS/GETTY IMAGES

The Anaheim Ducks celebrate a goal by Francois Beauchemin against the San Jose Sharks last night in Anaheim, Calif. The Ducks won 4-1 to take the series.

Port Coquitlam's Lee heading to NFL camp

PERRY LEFKO
for Metro Canada

Running back Jamall Lee is about to fulfill a dream by becoming a professional football player, following in the footsteps of his father, Orville, more than 20 years ago.

But whereas his father commenced his career with the CFL's Ottawa Rough Riders in 1988, Jamall will start his journey in the NFL, specifically with the Carolina Panthers.

Following the conclusion of the NFL Draft Sunday, the Panthers signed the 22-year-old Port Coquitlam native as a free agent. Lee played four years with Bishop's University in Quebec, amassing more than 4,200 rushing yards and impressing people with his speed and size. Lee had some discussions with the Panthers in the weeks leading up the draft, leading him to believe they would select him as a free agent.

"There was a lot of interest and if it was going to be only one team, it was going to be that team, but it was still amazing to hear it," he told Metro News.

"It felt great to get the phone call. This is one of the big goals, but there's many more," he added.

"You've still got to make the squad, you've got to stay healthy, you've got to make the team and work your way up. When I get down there, I've got to give them a reason for me to stay."

Jamall Lee is the son of former CFL star Orville Lee.

He leaves Thursday for the Panthers' mini-camp.

"I'd be lying if I said I wasn't nervous or anything like that, but I have a lot of people around me and people who have been through the experience, whether (in) the NFL or the CFL, and they've all been passing their knowledge on to me, so I feel I'm prepared that way."

Lee is eligible for the CFL Draft, which takes place this Saturday.

His father was selected first overall in his draft year and was named the CFL's rookie of the year and runner-up as outstanding Canadian.

"I'd like to know what's happening in the CFL Draft because it's really still a big deal for me, but other than that I'll try to keep my mind on the task at hand," he said.

It is expected that Lee will be selected in the first round, possibly by B.C., which has picks four through six and can afford to wait on Lee if he sticks in Carolina.

On Sunday, Western Ontario defensive lineman Vaughn Martin was selected in the fourth round of the NFL Draft by the San Diego Chargers.

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SPECIAL FOCUS ON:
Spa Living

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

what to ask

Some questions to ensure a safer spa visit:

- Did you arrive early enough? Get there half an hour before your treatment so you can survey the premises, ask necessary questions and fill out health forms.
- Will you be using a whirlpool footbath and if so, is it being cleaned and sanitized between each use? If there are pipes attached, are they getting cleaned too?
- Did you shave your legs immediately before a body scrub or pedicure? Shaving can leave your skin extra sensitive and cause tiny nicks, which increase your chances of infection.
- When it comes to paraffin wax pots, are the spatulas being double dipped? An implement should never come into contact with your skin and then be re-submerged into a wax pot.
- How does your spa sterilize its tools? If they have an autoclave (which are used for surgical tools), then you know you're getting the gold standard of sterilization.

JENNIFER YANG/
FOR METRO CANADA

Assessing spa cleanliness

Ask lots of questions, advises expert

JENNIFER YANG
for Metro Canada

Sometimes when life gets too frenzied, we need to stop, breathe and duck into the nearest spa. It's the perfect refuge — after all, where else can we go to cure both our spirits and our cuticles?

But with all that steaming and soaking, spas are also the perfect refuge for germs. Just ask Paula Abdul, who made headlines in 2004 when a dirty manicure gave her a nasty bacterial infection.

But short of smuggling in Petri dishes under our terrycloth robes, how certain can we really be when it comes to spa cleanliness? In Canada, which has an estimated 3,000 spas, not even the rules are clear; mandatory spa standards have yet to be established and the industry still lacks a national regulatory body.

"As the industry's grown in leaps and bounds, we haven't really researched and paid attention to any level of standards," says Dr. Wendy Smeltzer, owner of Calgary's Santé Spa. "It's very difficult for the public right now to go in and know if they're getting an appropriate level of cleanliness and service."

There are reputable spa associations, however, and Smeltzer is a founding member of Leading Spas of Canada, a nation-wide organization of about 175 members.

Having developed its own cleanliness and hygiene standards, the association is now creating a quality assurance program that will ensure spas get periodically inspected.

But for today's nervous spa-goer, Smeltzer has one tip for relaxing those worries: Ask questions, lots of them. And start from the minute you walk in the door.

"Are they knowledgeable about procedures? Do they give guidance on appropriate etiquette? Did they ask you to fill out a health form?" Smeltzer asks. "Those are keys right there."

For Wanda Love, Leading Spas of Canada CEO, the devil can be in the details. If dust bunnies are collecting or towels piling up, then perhaps corners are being cut elsewhere as well.

"Just watch for little things," Love advises. "Do you see spa members washing their hands prior to the treatment? If you're walking barefoot, are they providing you with slippers? If you're getting waxing, are they double dipping their applicator? That's not something you want to see."

"Just watch for little things ... Do you see spa members washing their hands prior to the treatment?"
Wanda Love, Leading Spas of Canada CEO

And for spa expert Anne Dimon, editor of traveltowellness.com, sometimes the best proof comes on paper. Don't be embarrassed to ask for your spa practitioner's credentials, she says.

"When taking your car to get fixed you need to ask the kind of experience the mechanic has," Dimon says. "Why wouldn't you do that when someone's working on your body?"

ISTOCK PHOTO

The spa industry still lacks a regulatory standards body, which is why it is important for spa-goers to ask questions about procedures. For instance, find out your spa practitioner's credentials.

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Health in brief

EYE CARE Glaucoma is an eye disease that can sneak up on you, and rob you of your vision. It's the second leading cause of vision loss among seniors in Canada. Glaucoma doesn't have any symptoms, but regular appointments with an eye doctor can detect it early, while it can still be controlled.

According to a new survey by the CNIB, 88 per cent of Canadians over age 40 value their sight as the most important of their five senses.

CELIA MILNE/FOR METRO CANADA

Participants Needed for Online Sleep Aid Survey

Researchers at the University of Toronto and the University of Guelph are conducting a study of consumers' views on aids used to treat sleep difficulty. Interested consumers who have experienced difficulty sleeping during the last two years are invited to participate in an online survey. Individuals completing the survey will be entered into a draw to **win $1,000** (the draw will be made Summer 2009).

Please contact the study coordinator Natasha Kachan at natasha.kachan@gmail.com or 416-946-7840 if you are interested in participating in this survey.

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Sexual esteem in a bottle

Products/procedures send message women need to 'rejuvenate'

The J Spot
Josey Vogels
metronews.ca/thejspot

A new product called pk24 claims to "temporarily return the vagina to a more 'youthful' physiological state." While women may be genuinely worried about this, our columnist suspects there are other forces at work pressuring women.

It's bad enough that women are being sucked into shelling out gazillions of dollars on anti-aging creams to "plump," "regenerate," and "revitalize" various body parts in hopes of clinging to our clearly more socially valued youthful selves.

Now we're being told our privates need rejuvenating as well.

A new product called pk24 claims to "temporarily return the vagina to a more 'youthful' physiological state, enhancing sexual gratification for a woman and her partner."

Dubbed and, yes, trademarked, "Feminine Sexual Esteem" (who knew it came in a bottle), pk24 "hydrates the interior walls of the vagina and reduces its interior dimensions."

The cream's magical hydrating power comes from aloe, a basic moisturizer, while the tightening property is thanks to potassium alum, a natural astringent used in deodorant and products to seal shaving nicks and shrink hemorrhoids. It was also a secret tool used by 19th-century prostitutes.

While I'm sure there are women genuinely concerned about their lady bits, um, sagging with age, I suspect there are other forces at work pressuring us to do something about it.

For example, apparently, the female developer of the pk24 overheard a bunch of guys at a party talking about "how things had loosened up down there."

And, thanks to a very media savvy Dr. Matlock, the cosmetic surgeon behind The Laser Vaginal Rejuvenation Institute in Beverly Hills (and featured on Dr. 90210), vaginoplasties — a $4,500–$8,000 vaginal tightening surgery — are increasingly popular.

The American Society of Plastic Surgeons reported that "vaginal rejuvenation" surgeries jumped from 793 in 2005 to 1,030 in 2006. This despite the fact that the American College of Obstetricians and Gynecologists have warned that the methods are unproven and potentially risky.

"I can't help but wonder: After a lifetime of gynecological concerns, childbirth and everything else our vaginas go through, don't they deserve to relax a little?"

At $60 a bottle, pk24 is certainly safer and relatively cheaper than surgery. It also has a better-sounding name than some of its competitors like Instant Virgin or Liquid Virgin.

And while it's aimed at women "experiencing vaginal relaxation — generally, the result of childbirth and aging," I can't help wonder: After a lifetime of gynecological concerns, childbirth and everything else our vaginas go through, don't they deserve to relax a little?

For more info, go to pk24.com.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Spa smarts: Ensure your money is well spent

ANNA HOBBS
for Metro Canada

Whether you're headed for an indulgent treatment at a day spa or a weekend of revitalization, here's how to ensure your money is well spent.

Ask before you go

Taking time for yourself is a luxury, and you don't want it to be anything less than perfect. So start out by settling some basic matters. "When you make the appointment, ask questions such as 'Are robes and slippers supplied? Should I bring a swimsuit?'" advises Liz Conway, marketing director of Premier Spas of Ontario.

Fill out forms

Reputable spas require clients to complete a health assessment form prior to treatment. Some establishments go even further, requiring that therapists sign that they have read it.

Skip the makeup

If having a facial, avoid wearing makeup (if possible) both before and after. Unless it's absolutely necessary, don't wash your hair immediately after a scalp massage. Let the massage oil work its magic for a few hours.

Turn off your cellphone

Come prepared not only to enjoy your spa experience, but to make the very most of it. "Check your worries and your BlackBerry at the door," recommends Kelly Jamieson, manager of Zest Spa at The Westin Nova Scotian Hotel in Halifax.

ISTOCK PHOTO

Make the most of your spa visit by finding out about free extras such as a hot tub, sauna, gym and/or swimming pool.

Extend your day spa visit

With a day spa, find out if there are extras such as a hot tub, swimming pool, sauna, gym and relaxing lounge, so you can extend the experience and its benefits.

besthealthmag.ca
Best Health is now on newsstands. For more Best Health, visit besthealthmag.ca

Jamie Lynn Spears' boyfriend charged
Casey Aldridge — the father of Jamie Lynn Spears' 10-month-old daughter Maddie — has been charged with careless operation of a motor vehicle, a misdemeanor, after a single-car crash on Sunday, TMZ reports. USMAGAZINE.COM

Entertainment

Tech support
Hilary Duff has to be supervised when using the Internet. Duff struggles with technology and asks her boyfriend, Ottawa Senator Mike Comrie, to help when surfing the web. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Death Row's new life

Canadian company takes over groundbreaking rap label

JASON RICHARDS
for Metro Canada

No one was more surprised than Lara Lavi when her fledgling label, WIDEawake, beat out the considerably more major Warner Music Group at the bankruptcy auction for Death Row Records in January.

"I honestly wonder what happened there," Lavi says. "We thought they were going to aggressively outbid us. Maybe they thought the sky was the limit for us."

After spending $18 million, WIDEawake now has the gangsta-rap-pioneering label's whole catalogue (including classic and unreleased material by Tupac Shakur, Dr. Dre and Snoop Dogg) at its disposal, and the limit really is the sky. If they wanted, they could license those records ad nauseam to anyone and everyone. Thankfully, the new label has no intention of lowering that music's integrity.

"It's not going to be a case of us saying let's make a Barry Manilow-Tupac remix album," assures WIDEawake's vice-president John Payne, who was a studio engineer during Death Row's early days.

"Or a Fergie-Tupac record," Lavi adds.

Which is a relief for the late rapper's fans, who had to witness Tupac's legacy watered down by a stream of poor posthumous releases slapped together in the years following his death.

But even if Lavi and Payne changed their tune and decided to bless Fergie with a Tupac ghost vocal, they'd be met with a share of resistance. Ever since the Death Row purchase, WIDEawake's staff has been inundated with messages from people who care deeply about the catalogue's fate.

> **"The catalogue is far more vast than anyone had realized."**
> John Payne

"Everybody has been telling us what and what not to do, kindly, and sometimes forcefully," says Payne.

And while WIDEawake promises to move forward respectfully, down to seeking feedback from every artist concerned, obviously there's tremendous market potential for all the material they now own.

In addition to a storage room in Los Angeles that Lavi compares entering to "walking into the end of the Raiders Of The Lost Ark," Death Row boasts a seemingly infinite supply of video footage and roughly 4,000 more songs discovered in Michigan.

"The catalogue is far more vast than anyone had realized," says Payne.

"There's R&B. There's gospel. There's things that people wouldn't assume when they think 'Death Row.' So there's gonna be a lot more surprises, some very, very good surprises."

Naturally, WIDEawake intends to harness the Internet's power to deliver said surprises. Expect an online portal, which will feature a Death Row TV channel to feature artists and exclusive tracks, as well as message boards for interaction among the label's community of fans.

And it is ultimately all about community for Lavi and Payne, in terms of the stable of artists Death Row had developed over the years as well as potential newcomers to the label. WIDEawake sees the future of Death Row as an opportunity to get past the negativity of gangsta rap turf wars that had overshadowed the label's original goal — making good music.

Says Payne, "We just want to get back to the original intent."

GETTY IMAGES

Toronto-based WIDEawake acquired rap label Death Row Records in Januray. The company now controls a catalogue that includes material by Tupac Shakur, Snoop Dogg, above, and others.

"HE DESERVES NOT A BLACK BELT, BUT AN OSCAR."
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Leachman joins medical drama

Cloris Leachman is checking into the hospital at the heart of HawthoRNe, TNT's new medical drama premiering Tuesday, June 16, and starring Jada Pinkett Smith and Michael Vartan. TVGUIDE.COM

Cowell 'embarrassed'

Simon Cowell admits he didn't see Susan Boyle's rampant success on Britain's Got Talent coming.

"I wouldn't have sat here five weeks ago and said the person to watch out for is Susan Boyle," Cowell said in Los Angeles recently will promoting this summer's American version of the TV show.

"We were all guilty on the panel of judging her before she sang and got it completely and utterly wrong. And you watch it back, and it's embarrassing."

But with all the hubbub about the 47-year-old's recent makeover and her underdog story, Cowell worries people are losing focus on what really matters.

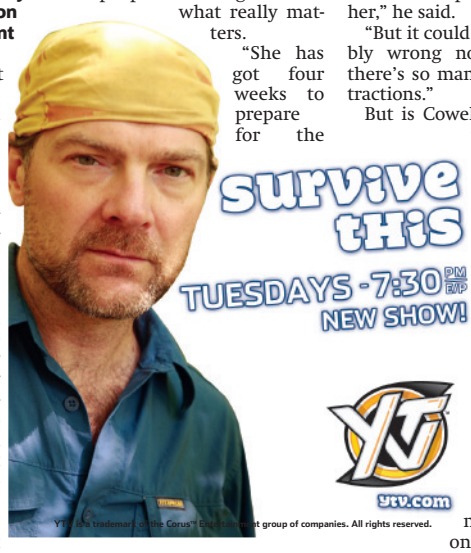
"She has got four weeks to prepare for the biggest night of her life ... she's got to sing better than she sang before with all that expectation on her," he said.

"But it could all go horribly wrong now because there's so many other distractions."

But is Cowell jealous of the fact that Boyle, who has reportedly never been kissed, has said she'd prefer fellow judge Piers Morgan over him for that first smooch?

"Yes, it's kept me awake at night, that one," he said. joked.

NED EHRBAR/ METRO WORLD NEWS



Entertainment in brief

TV Pamela Adlon, who provides the voice of youngster Bobby Hill on King of the Hill, will star opposite Adam Carolla on the CBS family comedy pilot Ace in the Hole. Carolla plays a husband and father who works as a driving instructor. Adlon will play his caring wife, a nurse and mother of two.

REUTERS

DVD picks

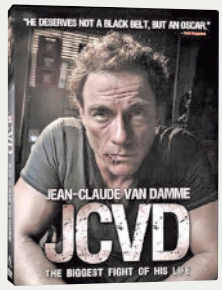
JCVD

Director: Mabrouk El Mechri

THE SURPRISINGLY soulful JCVD takes it to a whole other level of fun and fascination with a Rashomon-like story wherein Van Damme plays himself as an action hero in decline — not far from the truth, in other words — whose life become far more complicated than any movie plot he's ever put his name to.

He's in the midst of a rancorous child custody dispute, battling a duplicitous agent and jousting with eternal rival Steven Seagal (who stole a movie role Van Damme wanted by agreeing to cut off his ponytail). Returning to home turf Brussels for some necessary head clearing, Van Damme gets caught up in a hostage-taking incident at a post office. Both the bad guys and the good guys think Van Damme is really being Van Damme. Except he's not.

Writer-director Mabrouk El Mechri keeps us guessing as to what is really going on, and Van Damme is completely in on the joke — but is it really a joke?



Too bad Van Damme doesn't take the self-deprecation one step further by offering a DVD commentary, but maybe that would be too much introspection. The extras are just deleted and extended scenes.

Bride Wars

Director: Gary Winick

DEDICATED TO the notion, like so many romcoms before it, that even the most sensible woman turns into a Bridezilla once an engagement ring is slipped onto her finger, Bride Wars has the added misfortune of seeming wholly out of touch with recessionary times.

Could there be a more vulgar or trivial premise than two "best friends forever" who scratch each other's eyes out because each wants to spend a fortune on lavish weddings on the same day?

Some girls dream of forging world peace or finding a cure for cancer. Not school teacher Emma (Anne Hathaway) and corporate lawyer Liv (Kate Hudson), who hardly care what man they land as long the nuptials occur in June in New York's luxurious The Plaza Hotel.

A mistake by Manhattan's top wedding planner, Marion St. Claire (Candice Bergen), results in both weddings — gasp! — being booked into the Plaza on the same day. Emma and Liv morph into stop-at-nothing rivals, each vowing to sabotage the other's special plans.

Bride Wars is overlong and episodic, which is what you'd expect from a committee of writers, but it's passably amusing.

Extras include deleted scenes and a featurette about wedding dresses.

TORSTAR NEWS SERVICE

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 4/28/09	251	308	3 CBC	TBA	Rick Mercer	TBA	TBA	To Be Announced		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	The Biggest Loser (N) (CC)				Dr. 90210 (N) (CC)		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	American Idol (CC)		(:01) Fringe "Midnight" (N)		Law & Order: SVU		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Legend" (N) (CC)		90210 (N) (CC)		Cold Blood "Disturbed" (N)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Reaper (N) (CC)		Dancing With the Stars (CC)		(:01) Without a Trace (N)		News (N)
	253	359	13 CITY	Law & Order: SVU		According-Jim	According-Jim	Rita Rocks	Friends (CC)	Curb-Enthsm	Friends (CC)	The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Reaper (N) (CC)		90210 (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Legend" (N) (CC)		The Mentalist "Red Sauce"		(:01) Without a Trace (N)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser (N) (CC)				Law & Order: SVU		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Remedy Me	Keep Real	Style by Jury	Style by Jury	Miss Naked Beauty (N)		Maxed Out (N)
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	According-Jim	According-Jim	Dancing With the Stars (CC)		(:02) Cupid (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	F/X ★★★ (1986, Suspense) Bryan Brown, Brian Dennehy.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	About-Money	Nova "Alien From Earth"		Frontline "The Released" (N)		Independent Lens (N) (CC)		Change Your
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol (CC)		(:01) Fringe "Midnight" (N)		News (N) (CC)		Family Guy
	-	364	45 PBS	Frontline "The Released" (N)		My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)	Nova "Alien From Earth"		
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Colon Detox
	298	653	65 TLA	Two/Half Men	Two/Half Men	Reaper (N) (CC)		90210 (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	(6:30) MLB Baseball Chicago Cubs at Arizona Diamondbacks. (Live) (CC)					90210 (N) (CC)		Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	CBC News: The National (N)		CBC News: The National		CBC News: The National		Planet Earth "Great Plains"		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball		Sportsnet Connected (Live)		Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			In This Corner	UEFA Champions League Soccer: Semifinal, Leg 1				SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Departures (CC)		Mantracker "Chris and Brock"		Bounty Hunter	Bounty Hunter	Departures
	410	403	54 SCR	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	55 SC	Hot Import	Hot Import	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import
	416	409	144 GLF	(6:00) Fútbol Italiano		Gol TV News	Hallo Bundesliga		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Survive This	Survive This	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach "After the Fall"		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	New York: A Documentary Film "The City and the World (1945-Present)" (N)				Driving		Driving
	575	583	20 CMT	Hope & Faith	Hope & Faith	Jessica	Kellie Pickler	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Degrassi: TNG	Degrassi: TNG	MuchOnDemand (CC)		CollegeHmr	Video on Trial	MuchVibe Fame.		Spotlight
	600	564	25 H&G	House	House	Holmes on Homes (CC)		SarahCottage	Design Inc.	HGTV's Top	Dirty Business	House
	615	520	31 A&E	Manhunters	Manhunters	Manhunters	Manhunters	The First 48 (CC)		The First 48 (CC)		Manhunters
	628	584	32 SPKE	Deadliest Warrior (N)		The Ultimate Fighter		CSI: NY "Jamaïot" (CC)		Deadliest Warrior		Disorderly
	521	560	34 TLC	Extreme Aging: Hayley		Lottery Changed My Life II		18 Kids-Count	18 Kids-Count	Extreme Aging: Hayley		Kids by Dozen
	616	522	35 SHO	The Outer Limits (CC)		Mutant X "Interface" (CC)		Testees (CC)	Trailer Park	Saving Grace (N) (CC)		House (CC)
	620	523	40 BVO	Scotty Moore: Tribute to King		Law & Order "Gaijin" (CC)		Without a Trace "Hard Reset"		All About My Mother ★★★ (1999) (CC)		
	601	562	41 SLC	Rich Bride, Poor Bride (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	42 DIS	Deadliest Catch (N) (CC)		Daily Planet (CC)		Destroyed	Time Warp	Deadliest Catch (CC)		How It's Made
	522	506	44 HIS	NCIS "Stakeout" (CC)		Sandhogs "Job Security"		Crime Stories (CC)		NCIS "Stakeout" (CC)		Sea Hunters
	627	528	45 SPC	Star Trek III	Watchmen	Stargate SG-1 "Redemption"		Star Trek: Next Gener.		Star Trek III: The Search for Spock ★★★		
	294	650	47 TBS	The Office	My Boys (N)	The Office	Seinfeld	Sex and-City	Sex and-City	Friends (CC)	Set It Off ★★★ (1996) (PA)	
	619	525	48 TROP	Vanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	The F Word		Good Eats
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Roast of Pamela Anderson		Daily Show
	320	621	60 CEN	Leatherheads ★★ (2008) George Clooney, Renée Zellweger.				Cloverfield ★★★ (2008) Michael Stahl-David.			(:25) Mr. Bean's Holiday ★★	
	581	566	101 MTV	College Life	Beatdown	MTV Live	After	Fantasy Fact.	Nitro Circus	College Life	Beatdown	MTV Live
	261	394	102 V	I Prophesy	Supernatural	Poltergeist: The Legacy		Convicts ★★ (1991, Drama) Robert Duvall, Lukas Haas.				Paid Program
	-	-	106 MUL	Eight Heroes	Mom's-Upset	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Fringe

After severely mutilated bodies drained of their spinal fluid start piling up, the Fringe Division's investigation leads to a scientist (guest star Jefferson Mays) who may have ties to the Z.F.T. bioterrorist cell. Olivia, Peter and Walter (Anna Torv, Joshua Jackson, John Noble) take drastic measures to stop the accelerating murders in the new episode "Midnight." 9:01 PM on CTV FOX

NCIS

The death of a Marine leads Gibbs and McGee (Mark Harmon, Sean Murray) to the NCIS Office of Special Projects in Los Angeles, where the investigation quickly assumes vital importance concerning national security. Chris O'Donnell and LL Cool J guest star in "Legend (Part 1)," which also is the pilot for an "NCIS" spinoff. 5 PM on STR, 8 PM on CBS, 8 PM on GTV

Mad Men star starts company

PRODUCTION Actors Jon Hamm and Jennifer Westfeldt have formed a production company the couple hopes will see them collaborating behind and in front of the camera. Hamm has become a hot commodity by starring as mysterious advertising executive Don Draper in the AMC critical darling Mad Men.

REUTERS

Kenya'sStyle

Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

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metro BIRKS ALLIANCE

No purchase necessary. Contest open to Canadian residents of legal age, excluding residents of Quebec.Contest closes May 7th at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details,visit www.metronews.ca.

Kate joins Entourage cast

Kate Mara will be joining the cast of Entourage this season, tvguide.com has confirmed. The young actress will play E's new assistant at his fledgling talent-management company, and perhaps his love interest as well. METRO NEWS SERVICES

Celebrity Buzz

Miley channels the Bard

CAREER Miley Cyrus performed Shakespeare sonnets to prepare for Hannah Montana: The Movie, femalefirst.co.uk reports.

Director Peter Chelsom made the 16-year-old star follow drama school teaching techniques to keep her focused on her scenes, including avidly studying the Bard's famous works.

"We did stuff before we started filming that was just the kind of stuff you'd do at drama school, you know," he said. "Did I give her a detention? No. I made her read a sonnet though. A Shakespeare sonnet. She said, 'Oh no I can't.' I said, 'Let's do it because it'll be the most difficult thing you'll ever do.' We did all that kind of stuff. It was remarkable.

"We used to have this code where I would say, 'This means focus, because I don't want to have to shout at you across the set!'"

Despite her young age, the 53-year-old British director is convinced Miley has a successful career ahead of her.

He explained: "I think she has a real range, I think she's capable of like a Juno film, I think she's capable of that, and I think she's here for the long run."

Meanwhile, Cyrus took to her Twitter account to clear up rumours that she's getting back with ex Nick Jonas and dumping boyfriend Justin Gaston.

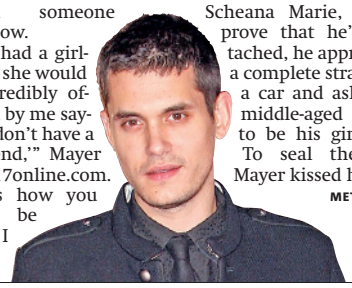
"It makes me sad to think that people out there aren't friends with their (ex-boyfriends), because let me tell (you) it is possible," she wrote. "Justin and Nick are two very amazing people and they both mean so much to me."

METRO NEWS SERVICES

John proves singledom

PEOPLE John Mayer swears he's single, usmagazine.com reports. Despite rumours that the singer has found a new girlfriend, Mayer tells paparazzi that there's no special someone right now.

"If I had a girlfriend, she would be incredibly offended by me saying, 'I don't have a girlfriend,'" Mayer told x17online.com. "That's how you can be sure. I could say, 'I'm not with anybody.' That'd be a death wish if you were the woman."



People reported Friday that Mayer has been spending time with cocktail waitress and actress Scheana Marie, but to prove that he's unattached, he approached a complete stranger in a car and asked the middle-aged woman to be his girlfriend. To seal the deal, Mayer kissed her.

METRO NEWS SERVICES

Brangie put stop to tell-all book

LEGAL Former celebrity bodyguard Mickey Brett was set to tell all about former clients such as Tom Cruise, Nicole Kidman and Richard Gere, according to proposals obtained by Rush & Malloy.

But once Brad Pitt and Angelina Jolie got wind of the projects — which would dish dirt on them — their lawyers quickly put a stop to it. Their attorney, Marty Singer, says Brett's a "pathological liar" who faked a British SAS military history, among other things.

METRO WORLD NEWS

The dish on Speidi's wedding

MARRIAGE Stephanie Pratt says Spencer Pratt and Heidi Montag's wedding Saturday was "amazing."

"Heidi looked amazing," she told MTV News. "She was wearing a million dollars worth of diamonds over a strapless Monique Lhuillier dress."

Even though the couple kept their composure during the ceremony, Pratt said she couldn't help but get emotional.

"I was up there, and her back was towards me, so I don't know if she was crying," said Stephanie, who was a bridesmaid. "But she was getting mad at me if we would start crying so that she wouldn't start crying."

METRO NEWS SERVICES

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- TIME Magazine

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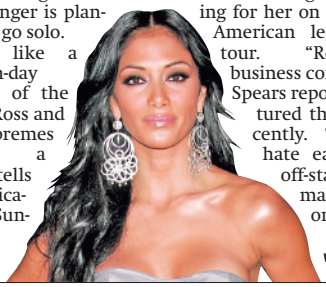
Britney mediates Dolls

DISPUTE Tensions are heating up among the Pussycat Dolls over speculation that lead singer Nicole Scherzinger is planning to go solo.

"It's like a modern-day version of the Diana Ross and the Supremes thing," a source tells the Chicago Sun-Times. But the group has found an unlikely mediator for their dispute: Britney Spears, who has the group opening for her on the North American leg of her tour. "Remember, business comes first," Spears reportedly lectured the girls recently. "You can hate each other off-stage, but make it work on-stage."



METRO WORLD NEWS

Jacobs engagement details

PEOPLE Lorenzo Martone — fiancé to fashion designer Marc Jacobs — revealed all to The Cut last week about the engagement and a trip to meet Martone's family in Brazil, femalefirst.co.uk reports.

"He met my entire family — mom, dad, brother, grandmother. Everyone adored him. Like they should, right?"

Martone also revealed that he was the one who proposed to Jacobs, with a pink-gold triple band ring.

METRO NEWS SERVICES

Lindsay and Sam stage comeback?

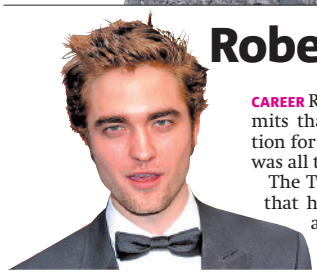
RELATIONSHIP Looks like Lindsay Lohan and Samantha Ronson may be heading for a comeback. The two have apparently been meeting up on the sly, first with Ronson spotted leaving Lohan's house at 6 a.m. after spending the night, and then with Lohan showing up at Ronson's the very next night, according to Hollyscoop.

Coincidentally, Ronson changed her Facebook relationship status from "single" to "it's complicated" around the same time.

GETTY IMAGES

METRO WORLD NEWS

Robert in it for the girls



CAREER Robert Pattinson admits that his real motivation for getting into acting was all the ladies.

The Twilight star admits that he went to his first audition at a theatre only after his father spotted loads of pretty girls arriving and told him, "You've got to go to that."

To this day, he tells Access Hollywood, "That's the reason I still do it."

METRO WORLD NEWS

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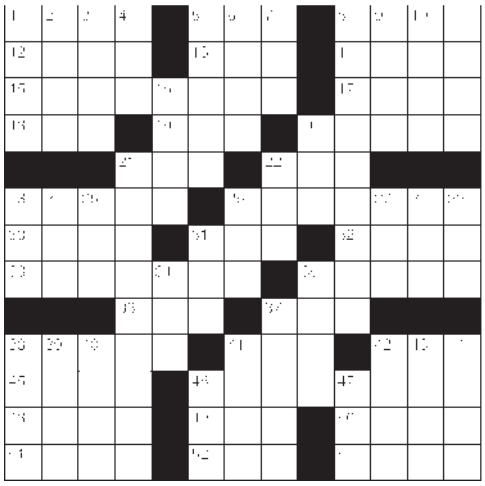
Take Five



Crossword across

1 Put together
5 Sleeve filler
8 Bloke
12 Godmother, often
13 Halloween shout
14 Judicial raiment
15 Medieval weapon
17 Terminer partner
18 Corrode
19 Household member
20 Biblical poem
21 Weep
22 Petrol
23 Bride's stuff
26 Showy display
30 Allegheny + Monongahela
31 Hula hoop, e.g.
32 Pedestal occupant
33 Lab creation?
35 AKC category
36 Scatter seed
37 Colouring
38 Sad look
41 Gear tooth
42 That girl
45 Stromboli spillage
46 Saw type
48 List-end abbr.
49 Weeding tool
50 Cougar
51 "Wunnerful" bandleader
52 Unfriendly
53 Pumps up the volume

Crossword down

1 Spiked club
2 Ambience
3 Entanglement
4 UFO crew?
5 Westminster, e.g.
6 Source
7 Tend the lawn
8 Rapid, heated exchange of words
9 Georgetown athlete
10 First victim
11 Hair salon request
16 Agile
20 Zero-star review
21 Pedestrians' place
22 Peregrinate
23 Comic DeLuise
24 Discoverer's cry
25 Triumph
26 Distant
27 Expert
28 Shad product
29 Remnant
31 Hardly any
34 Heavy weight
35 Elmer's annoyer
37 Nonsense
38 Took off
39 Assess
40 Ellipse
41 Gator's cousin
42 Pond gunk
43 Igor's deformity
44 Greek vowels
46 Windy City, for short
47 Masseur's workplace

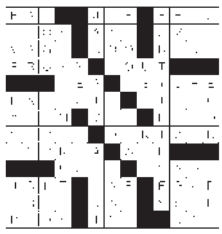
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	1		4					
		5		9				4
		6		5	8	2	1	
		9						6
	5	1		4		8	2	
6						7		
	3	7	9	2		4		
8				6		3		
					5		7	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



4	8	1	5	9	2	3	6	7
7	2	3	4	6	8	9	1	5
5	6	9	7	1	3	8	2	4
1	5	6	8	4	9	2	7	3
2	3	8	1	7	6	4	5	9
9	4	7	3	2	5	1	8	6
3	1	2	6	5	4	7	9	8
8	9	5	2	3	7	6	4	1
6	7	4	9	8	1	5	3	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Arabian-Style Beef with Flat Bread

INGREDIENTS:
1 cup (250 ml) pine nuts
1 tbsp (15 ml) olive oil
1 large onion
1 lb (450 g) lean ground beef or lamb
1 tbsp (15 ml) ground cumin
1 tsp (5 ml) ground allspice
1 can (10 oz / 284 ml) chopped tomatoes
Bunch of coriander
1 cucumber
1/2 crisp lettuce

TO SERVE:
3/4 cup (175 ml) sour cream, 8 soft flour tortillas or pita breads

METHOD:
1. Preheat oven to warm the bread. Dry-fry pine nuts in large frying pan, shaking and stirring frequently until lightly browned. Transfer to bowl and set aside.
2. Add olive oil to pan and heat slowly. Halve, peel and chop onion, then fry over moderate heat until softened, 3 minutes. Add meat and fry until brown, stirring to break up lumps. Stir in cumin, allspice and tomatoes and their juice and simmer 10–15 minutes, stirring occasionally.
3. Rinse, dry and chop enough coriander to give 4 tbsp (60 ml) and set aside. Rinse, dry and chop cucumber; rinse, dry and shred lettuce. Place in separate serving bowls. Put bread into oven to warm.
4. When the meat is cooked, stir in coriander and pine nuts, heat through, then transfer to serving bowl. Put bread into napkin-lined serving basket to keep hot. Serve immediately.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Yield to practicalities if a player leaves you stranded. Money is an issue with an unexpected bill. Colossal obstacles will flabbergast you.

TAURUS ♉
APRIL 21-MAY 21
A financial temptation is presented. Unlikely events cause heads to spin. An obnoxious elder causes you to respond truthfully.

GEMINI ♊
MAY 22-JUNE 21
Fear turns to happiness after an act of kindness. You're not living in denial anymore. Take time to reflect on your actions.

CANCER ♋
JUNE 22-JULY 22
A sudden attraction heightens tension. A stranger's remark reveals a plan for success. Be prepared to discover who is at fault.

LEO ♌
JULY 23-AUG 23
A liar has a big payback. Understanding an issue will free you from inconsistent behaviour. Don't try to enforce a diet.

VIRGO ♍
AUG 24-SEPT 22
A love affair restricts your movements. Boasting causes a major crisis. An amazing adventure is unfolding before your eyes.

LIBRA ♎
SEPT 23-OCT 23
A narcissist gets trapped by flattery. A stubborn person creates disharmony. Good fortune comes through travel.

SCORPIO ♏
OCT 24-NOV 22
Pay close attention to a mystifying message. Time passes too quickly to have a revelation. Something exciting will happen.

SAGITTARIUS ♐
NOV 23-DEC 21
Treat meddling people kindly. Avoid annoying anyone who could do you a favour. Watch out for wonderful opportunities that arise.

CAPRICORN ♑
DEC 22-JAN 20
A respected man tries to undermine your reputation. There'll be a problem with shoes. Don't pretend to be unconcerned.

AQUARIUS ♒
JAN 21-FEB 18
A friend is tired of living a predictable life. Bail someone out of bad situation. A woman risks falling under a love spell.

PISCES ♓
FEB 19-MARCH 20
A team puts up a roadblock. Independent action soothes your soul. Concentrate on optimism in an uncertain venture.

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3343 West Broadway
2748 Rupert St.
1 - 525 Seymour St.
150 - 625 Howe St.
105 - 950 West Broadway
1707 Robson St.
1092 Kingsway
10 - 3490 Kingsway

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310 - 26310 Fraser Hwy.

Abbotsford
Sevenoaks Shopping Centre
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1 - 2142 Clearbrook Rd.
401 - 2140 Sumas Way

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Crystal Square
Lougheed Mall
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7531 Market Crossing
111 - 3823 Henning Dr.
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Cottonwood Mall
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11 - 45905 Yale Rd.
7544B Vedder Rd.

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Coquitlam Centre
101 - 3278 Westwood St.
5 - 3000 Lougheed Hwy.
2700B Barnet Hwy.
22 - 2988 Glen Dr.
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3 - 19638 Fraser Hwy.
103 - 19700 Langley Bypass
C104 - 20159 88th Ave.
19971 96th Ave.
C7 - 20202 66th Ave.

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100 - 32670 Lougheed Hwy.
318 - 32555 London Ave.

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Port Moody
202 Newport Dr.

Pitt Meadows
735 - 19800 Lougheed Hwy.

Richmond
Aberdeen Centre
Admiralty Centre Mall
Ironwood Mall
Lansdowne Mall
Parker Place
Richmond Centre
115 - 12571 Bridgeport Rd.

Surrey
Central City Shopping Centre
Guildford Town Centre
201 - 13734 104th Ave.
135 - 12477 88th Ave.
2404 King George Hwy.
1675 128th St.
108 - 7380 King George Hwy.
403 - 15940 Fraser Hwy.
10310A 152nd St.

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Park Royal Shopping Centre
North/South

White Rock
Semiahmoo Shopping Centre
10 - 3189 King George Hwy.

OKANAGAN/NORTHERN BC

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Spall Plaza (Kelowna)
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